

Healthy Fit Club!

Program Registration Form

Healthy Fit Club will be held at the Bloomsburg Area YMCA from 9-11:00 AM every Saturday from January 6th through March 24th (except February 10th). This program is FREE for children in 1st - 5th grade!

REGISTRANT'S INFORMATION:

First Name: _____ Last Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: (____) _____ - _____ Gender: M / F DOB: ____/____/____

Email: _____ Member / Non-Member

Municipality: _____ County: _____

Parent Name: _____ Parent DOB: ____/____/____

MEDICAL INFORMATION:

Health Issues: _____

Physician's Name: _____ Physician's Phone: (____) _____ - _____

Emergency Contact: _____ Contact's Phone: (____) _____ - _____

Relationship to Emergency Contact: _____



Childhood obesity affects over 17% of young people, and can lead to a variety of health concerns including high blood pressure and cholesterol, breathing and joint problems, and even cardiovascular disease and type 2 diabetes. These risks will only become more severe into adulthood. (Source: Center for Disease Control)



The Bloomsburg Area YMCA is dedicated to engaging kids in an active lifestyle that will keep them happy and healthy for years to come!

About Healthy Fit Club



Our free 11-week club will model the benefits of a healthy lifestyle while helping members form healthy habits through weekly activities and lessons!

Each session will include three components:

- **Physical Activity - a fun game to get you up and moving!**
- **Health Education - learn what makes being fit so fantastic!**
- **Nutritional Guidance - discover and create healthy, tasty snacks!**



Weekly themes will make every session new, exciting, and educational!



Bloomsburg Area YMCA

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FOR HEALTHY LIVING
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